

Troops Donate Blood, Save Comrade

By Spc. Jan Critchfield
122nd MPAD

BAGHDAD, Iraq - As surgeons of the 31st Combat Army Surgical Hospital concentrated on the 1st Cavalry Division Soldier spread on the operating table before them Sept. 20, midnight approached and time was running out.

Time was not measured on a clock that night; it was measured by the pints of blood that flowed onto the operating room floor as the surgeons struggled to undo the destruction caused by the round of an insurgent AK-

47.

"We have a Soldier who was shot in the abdomen," Maj. Nancy Parson, 31st CASH night shift nursing supervisor said, "He lost a lot of blood, greater than 2,000 cc's."

When the Fort Bliss, Texas-based CASH's surgeons were done stabilizing the critically wounded Soldier, whose identity is being withheld pending notification of family members, it became apparent that more blood would be needed if the Soldier was to make it through the night.

"He required several transfusions," Parson said. "We used the entire stockpile [of blood] here at the CASH, then we initiated a whole blood drive."

Calls requesting volunteers were made to several other U.S. Army units near the International Zone-based CASH, a fortified area that houses key components of the new Iraqi government as well as most of the 1st Cavalry Division's 3rd Brigade Combat Team.

The turnout was unprecedented. Humvees, Bradley Fighting Vehicles, and other vehicles lined the street outside the CASH, while busses and other on-hand vehicles ferried more potential donors to the doorstep of the CASH throughout the night.

"This is the largest turnout of volunteers to



Photos by Spc. Jan Critchfield, 122nd MPAD

Nearly 150 Soldiers lined the halls of the 31st Combat Army Surgical Hospital during a September 20 blood drive. They responded to a call for an emergency blood donation to help an injured comrade.

donate blood that we've ever had," Parson said.

"I have a list of all of the donors and everyone's blood type that is assigned to the CASH," Parson said. "Depending on how many units we need, I may just go and get people around the CASH and get them to donate."

The need for blood went far beyond what the workers at the CASH could provide, however, and beyond even what the injured Soldier's comrades could supply, who immediately volunteered to donate after arriving at the CASH with their injured friend.

"The Soldier's unit began bringing in droves of people," Parson said. "Then we called 3rd Brigade. They sent the word out to units around

the International Zone."

By one o'clock in the morning, nearly 150 Soldiers of the needed blood type, most pulling an all-nighter after finishing a day's work, lined the hall outside the donation room.

"It moves me to see these Soldiers come out to help someone they don't even know, and that [when] they feel that another Soldier is in trouble, they come willing, no questions asked," Parson said.

"We haven't quite needed this much blood before in the past, maybe five units or two units [of blood] at the most," she said. "But this Soldier was a special case, and it was amazing to see how many people came out at one o'clock in the morning."



A 1st Cavalry Division Soldier donates blood during a drive held to stockpile what was needed to get a critically injured division troop through the night.

Combat Stress Team Rotates to Eagle

By Cpl. Benjamin Cossel
122nd MPAD

BAGHDAD, Iraq - Doctors and specialists of the Combat Stress Control, 785th Medical Company, began regular rotations to camps within the 1st Brigade Combat Team's area of operations with a visit to Forward Operating Base Eagle, early Sept.

1st Lt. James Tczap, officer in charge, CSC, 785th Med. Co. said prior to the additional units being activated, the team found themselves almost solely providing reactive care

"When we first arrived in theater, our primary focus was on critical crisis management," said Tczap a Minneapolis, Minn. Resident. "As we were needed, we would go out to a Camp and provide treatment and care to groups or individuals who had experienced a traumatic situation. Now we have the ability to go out to the camps and teach Soldiers what to look for in relation to mental stressors, how to seek treatment, and how to take care of themselves and each other."

Setting up their classroom within the FOB Eagle Chapel, Tczap and Sgt.

Kevin Miller, a mental health specialist, with the 785th Med. Co., spoke with more than Soldiers of the 20th Engineer Battalion, 1st Cavalry Division during the initial class.

"Did you know that typically the halfway mark of a deployment is when most issues related to combat stress start appearing?" [And] that most of you are experiencing in regards to combat stress is normal?" Tczap asked the class.

Tczap walked the class through lists of common stressors, those things that accumulate over time to cause a Soldier to suffer from combat stress.

"Loud noises?!" he said reading over a list of usual factors. "How many of you think you hear really loud noises on a regular basis around here as you're sitting in the backs of your vehicles or the detonation of mortar rounds?"

Everyone in the room raised their hands in affirmation, nodding their heads and a muffled "Yeah," "Definitely" and "No kidding" filtered through the air.

As the class continued Soldiers fired questions at Tczap asking what they



By Cpl. Benjamin Cossel, 122nd MPAD

1st Lt. James Tczap (right) and Sgt. Kevin Miller (left) both of the Combat Stress Control, 785th Medical Company give a class to Soldiers of the 20th Engineer Battalion on how to identify and deal with combat stress at Forward Operating Base Eagle.

could do, and how they could seek help if they felt they were struggling with combat stress.

Tczap showed the Soldiers breathing methods and explained mental imagery techniques they could practice to help alleviate symptoms.

"What we try to teach is new ways of thinking, behavioral adjustments and steps that each individual can take to get them back on the path of mental well being," Miller said.

"Exercise, Nutrition and Rest are the three most

important things you can do to help relieve some of the symptoms you may be experiencing," Tczap said.

Tczap then went on to explain how each was important and the steps needed to speak with members of the combat stress team.

"Go through your chain of command," he said. "They, the medics and the chaplains can all work with you to get you to us (combat stress control teams) to get the help you need."

The stress team's circuit will bring them to FOB Eagle every three weeks.

Useful Iraqi Words/Phrases

That was a very good meal.
kaanat wajba mumtaaza

Friday

High: 104
Low: 76



Saturday

High: 106
Low: 74



Sunday

High: 104
Low: 74



Weather information provided by 1CD Staff Weather Office (SWO)

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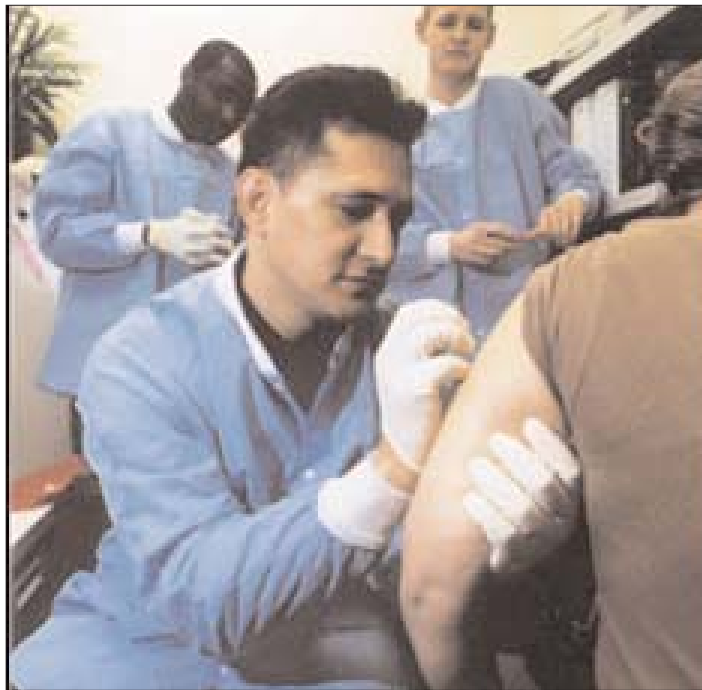
News Notes

State Missing Tech Revolution

LITTLE ROCK, Ark. (Democrat-Gazette) - In 1992, before the technology industry boomed and Internet use became widespread, only 1.7 out of 100 Arkansas workers held high-tech jobs. Ten years later, well after high-tech firms and the Internet were well established, nearly the same percentage of the state's workers - 1.9 percent - had a high-tech career. Such findings - part of a 298-page study commissioned by Accelerate Arkansas due out today - outline not only how Arkansas remains at or near the bottom of most measures for a vibrant high-tech economy, but also how state leaders can reverse the trend.

Army OK's Chem. Treatment Sales

WASHINGTON (AP) - A chemical-attack treatment that many American allies have had for years will now be available to emergency responders in the United States under an Army decision announced Wednesday by the product's manufacturer. The Food and Drug Administration cleared Reactive Skin Decontamination Lotion for Army use in April 2003, a move that also gave the Army control over whether other federal agencies and state and local governments could buy it. For over a year, the Army declined to make the lotion available to first responders, saying more testing was needed.



Army News

A technician at Walter Reed Army Medical Center immunizes a Soldier against smallpox in 2002 when the inoculation program began. The program has now expanded to require vaccinations for Soldiers going to 17 additional high threat countries. Active-duty Soldiers and members of the Army Reserve and Guard who stopped getting vaccinated in the middle of their six-shot anthrax series have been directed to resume their vaccination schedules, at the point where they left off, no later than Dec. 31. The directive specifies that these Soldiers are not to repeat or receive extra doses of the vaccine.

TAHA Draws Crowd in Killeen

KILLEEN, Texas (Killeen Daily Herald) - Bald eagle centerpieces, Spensha Baker singing the national anthem and innovative ways to-be healthcare volunteers were presented at the Texas Association of Hospital Auxiliaries conference Wednesday.

"The hospitals shared with each other what we are doing helps keep us from getting into a rut," said Metroplex volunteer director Dot Hausmann, which hosted the district conference. There were 175 attendees from 15 healthcare facilities.

The morning keynote speaker, District 55 state Rep. Dianne White-Delisi, gave a healthcare update.

"We have enormous challenges," said Delisi, R-Temple. She discussed the 14 percent annual increase in healthcare costs, the obesity epidemic that can be prevented through diet,

exercise and family intervention, the health care savings accounts to which both employers and employees contribute, and the critical shortage of organ donations.

"We also have enormous opportunities for good with disease management, patient education and trauma care," Delisi said. She honored the volunteers for "reaching out with helping hands and loving hearts."

"We are learning a lot," said Carolyn Bartlett, a volunteer from St. David's Medical Center in Austin. "Dianne Delisi's presentation was very informative."

During roll call, volunteers presented ideas and initiatives they accomplished during the past year.

"Our mission is to educate volunteers to do a better job for their hospital, nursing home or rehab center," said Mary Gail

Stromberger, state TAHA president, during a break. "One of the best things about the conference is networking," she said.

Organizers tried to seat people at the same table who do the same volunteer tasks so they may share experiences, Stromberger said.

District 7 attendees from Waco to San Marcos investigated new ways to serve their facility's patients and raise money to benefit local healthcare delivery.

"The conference is great and the Killeen Civic and Convention Center is a super place to have it," said Pat Densford, volunteer with Round Rock Medical Center, who once lived in Copperas Cove.

Metroplex arranged a drawing to buy toiletries for soldiers serving in Iraq. "Most don't know about Fort Hood, so we try to stress the patriotic part of being here," Hausmann said.

Mariners get 24 Hits in Win

ANAHEIM, Calif. (AP) - Raul Ibanez tied an American League record with six hits and Ichiro Suzuki had four more singles to pace the Seattle Mariners' 24-hit outburst in a 16-6 rout of the Anaheim Angels on Wednesday night.

The Angels remained 2½ games behind Oakland in the AL West, but dropped 6½ games behind Boston in the AL wild-card race. The Rangers beat the Athletics 5-3 Wednesday to pull a half-game back of Anaheim.

Ibanez went 6-for-6 with a career-high five RBIs a night after Suzuki went 5-for-5 in Seattle's 7-3 victory over the Angels, who lost their second straight three-game series.

Ibanez's six hits tied the AL record for a nine-inning

game, held by many, last accomplished by Kansas City's Joe Randa on Sept. 9.

Suzuki set a Seattle record with nine hits in two games. He now has 247 hits and is 10 from tying George Sisler's 84-year-old major league record with 10 games remaining.

The Mariners set a club record with 21 singles - six of them by Ibanez. Their 24 hits were the most given up by the Angels this season as were their 16 runs.

Gil Meche (6-6) gave up six runs on seven hits in 5 2-3 innings. He struck out four and walked three for just his second victory this month.

Seattle rookie CF Jeremy Reed had three hits, tying his career-best effort Tuesday. ... Suzuki's leadoff



AP

Seattle Mariners right fielder Ichiro Suzuki makes a catch on a fly ball by Anaheim Angels' Bengie Molina in the 2nd. single in the first was his eighth consecutive hit, tying a club record shared by five Mariners. The last one to do it was Joey Cora from May 9-10, 1997.

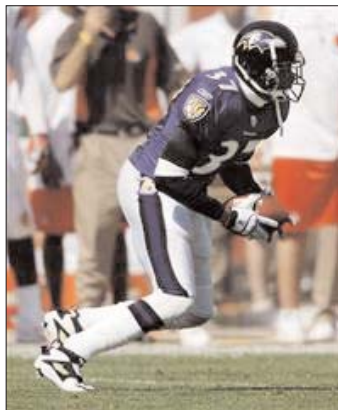
Deion No Sure Bet to Play Sunday

OWINGS MILLS, Md. (AP) - Deion Sanders hopes to play for the Baltimore Ravens on Sunday, even though he knows it might be prudent to rest his strained left hamstring.

Playing in his second game following a three-year retirement, Sanders hurt his leg last Sunday in the second quarter of Baltimore's 30-13 victory over the Pittsburgh Steelers. He was removed after running stride for stride with Plaxico Burress on a long pass play.

Sanders was held out of a portion of Wednesday's practice and is listed as questionable for Sunday's game in Cincinnati, meaning there's a 50 percent chance he will see action.

"I'm feeling pretty good," he said before prac-



Getty Images

Ravens cornerback Deion Sanders, who is suffering from a strained left hamstring, is listed as questionable for Sunday's game against the Bengals.

"I'm not a gambling man, but I'm going to try to do my best to be there for my teammates."

Within reason, anyway. Sanders, 37, isn't about to press himself into action

for an early-season game if it could lessen his odds of being available in January.

"This is a marathon. This is not a sprint," he said. "I think you guys want me in there for the finale, not just for a 40-yard dash."

Asked his opinion of Sanders' readiness for Sunday, Baltimore coach Brian Billick replied with a grin, "When you're 50 years old, you're going to be questionable every week. When you're that old and played this long, questionable is pretty good."

Sanders participated in only eight plays against Pittsburgh, including a 23-yard punt return that left him with tightness in his hamstring. He said the injury was aggravated while covering Burress on a pass that fell incomplete.

In Brief

Calif. Couple Wins CBS Race

LOS ANGELES (AP) - An Orange County couple ran, hiked and even used a luge to win the \$1 million prize on the fifth season of CBS' *The Amazing Race* reality series. Chip and Kim McAllister, who live in Coto de Caza, beat three other teams in the Tuesday season finale. McAllister, 46, who runs a Web technology company, and his 44-year-old wife, who owns a recruiting company, covered more than 72,000 miles over six continents and 11 countries to earn the top prize. "This is just a blessing ... this is like surreal right now," Chip McAllister said after crossing the finish line.

Texas 3 Games Back in AL West

ARLINGTON, Texas (AP) - Eric Young picked



the perfect time to hit his first home run for the Texas Rangers, who are

making the most of their last chance against Oakland. Young's three-run shot was a tiebreaker, pushing Texas to a 5-3 win over the Athletics on Wednesday night and three games back of the AL West leaders. The Rangers have 10 games left after that, six against Seattle and four at home against Anaheim, which remained 2½ games back of Oakland. Texas has won nine of its last 12 games, with four wins against the Athletics.